Please ADD the following new claims 23-31:

23. (Added)

	1	A method of forming a container with an opening and a cap sealing the
	2	opening, comprising the steps of:
	3	providing a pair of mold halves defining a first mold cavity to form and define
	4	the shape of a container and adjacent the first cavity a second cavity to form at least one cap
1	5	in a flash section;
j	6	providing a parison of a polymeric material;
	7	closing the mold halves together to receive a portion of the parison between
	8	them forming at least one flash section in the region of the second cavity and at least one cap
	9	in the flash section;
	10	providing a pressurizing fluid into the parison within the closed mold halves
	11	to expand the parison within the first mold cavity to form the entire container and define the
	12	shape of the container;
	13	forming an opening through the container at a location spaced from the cap;
	14	separating the cap from the flash section; and
	15	disposing the cap over the opening and permanently attaching and sealing the
	16	cap to the container to close the opening.
		24. (Added)
	1	The method of claim 23 wherein the parison, container and cap have a vapor
	2	barrier layer of a polymeric material disposed between inner and outer layers of a different
	3	polymeric material.
		·

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25. (Added)

The method of claim 23 wherein the parison, container and cap have multiple layers of polymeric material including at least one structural layer and at least one vapor barrier layer.

26. (Added)

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The method of claim 23 which also comprises welding at least one of the inner layer and the outer layer of the cap to the outer layer of the container to permanently attach and seal the cap to the container.

27.)(Added)

The method of claim 23 which also comprises the step of welding the cap to the container to permanently attach and seal the cap to the container.

28. (Added)

The method of claim 23 which further comprises providing the parison with an outer layer of a polymer material, an inner layer of a polymer material and a vapor barrier layer of a polymer material received between the inner and outer layers with the layers being simultaneously extruded into the parison which is received in a generally molten state between the open mold halves in a blow molding machine.

29. (Added)

The method of claim 28 wherein the cap has twice as many vapor barrier

layers as the vapor barrier layer(s) of the container.

30. (Added)

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The method of claim 28 wherein the inner layer and the outer layer of the

parison, container and cap are of a high density polyethylene polymer material.

31. (Added)

1 The method of claim 30 wherein layers of high density polyethylene polymer

material of the container and the cap are heat welded together to permanently attach and seal

3 the cap to the container,

Respectfully submitted,

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